



# Nikki's Sacred Space

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& Nikki Di Virgilio

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## What's Inside:

- The Unconscious Life Rut
- Opening a Space for Change
- A Tool for Change: What is Therapeutic Coaching®

*Excavating a Space for Transformation & Self-Realization to Take Place*

*"Self-realization means that we have been consciously connected with our source of being. Once we have this connection then nothing can go wrong."*

*~Paramananda*

## The Unconscious (and necessary)

### Detour

According to an Oprah.com poll 93% of women feel they have let themselves go.

What does this mean? Where have we gone? In this particular show where this statistic was announced women were feeling they had lost themselves- lost themselves in motherhood and putting their families first, in careers, and in pleasing and seeking approval from others. This resulted in depression, anxiety, weight gain and an overall sense of dreading life. Can you relate?

The truth is we haven't exactly lost our way. We have however taken an unconscious detour, where we have disturbed our equilibrium. This disruption has the potential to deny us of our innocent natures of love and wisdom (just to name a few) and of our most precious resource of energy and enthusiasm for life and more importantly for self.

Would you agree if you had love for self,

### The Unconscious Life Rut

Do you feel no matter what you do, you can't get ahead? Do you feel frustrated, bored, angry or confused? If so, you are ready for a shift in consciousness, which will get you out of the rut.

Not long ago my mother who is in a rut asked me how someone can change. Unfortunately she tuned me out while I answered- so hopefully you, the reader won't.

There is an earthbound belief that says people can't change. I remember my aunt telling me this about my husband

enthusiasm and energy for life and the wisdom to carry that out- you would no longer feel lost? Depressed? Anxious? Alone?

The beauty of this unconscious detour, eventually we will find we were never lost. We come to see we needed the 'detour' in order, as the quote above says, to make conscious contact with our source of being.

However, how many of us are still on the unconscious detour, going around and around in circles, seeing the same road signs and roadblocks and staring in the same direction?

If you are, you may be stuck in a rut- in an unconscious life rut.

before we got married. I also remember the unease in my mind and belly as she did. How could this be possible, I wondered. I am not the same woman and further why would I even want to live in a world where I cannot change?

Many of us are uncomfortable with change. We don't understand it, and anything we don't understand we fear. Therefore much of our precious resource of energy is spent on maintaining the status quo.

Why change into something we can't

## The Unconscious Life Rut con't...

control? Why not stay with what we know; the same job, the same relationship, the same house; therefore the same thoughts?

So, how do we change, for those of us who are interested? First, we decide to change. Sometimes life circumstances will force a change in us. How many of us have heard stories of people who have a death in the family or a health crisis and say it changed them?

Although these situations seem out of our control, one has to wonder whether they really are. Could it be that person had an unconscious desire to change, which prompted a loss or a health scare?

Sometimes we are just sick and tired of being sick and tired, and that brings about change. There are also those of us who go with the flow of change. It may not always be liked, but the resistance can be surrendered.

Whatever the impetus, change is constant and it is a gift that we can either embrace or resist. Again it begins with the desire to change, the readiness to do so and the willingness to do what it takes.

But what does change look like? Are their instructions? Tools? Any help whatsoever? And why is it important to change?

*"For as this appalling ocean surrounds the verdant land, so in the soul of man there lies one insular Tahiti, full of peace and joy, but encompassed by all the horrors of the half-lived life."*

~Herman Melville  
(From *Moby Dick*)

## Opening A Space for Change

First, why change? If you are wondering this, then maybe you aren't ready yet. There are those who are perfectly happy living the lives they have created day after day. However there are others to whom this just isn't enough. They want more, and if this is you it is important that you acknowledge this part in you and allow it space and room to grow.

There was a time when I lived the life most of us think is perfect. I had a house on a cul-de-sac in the suburbs; a house surrounded, in this case, a wood-picked fence. The house was filled with me, the at home mom, my husband, my two children and our dog. At Christmastime the neighbors had cookie exchanges and Christmas tea. In the summer we had BBQ's in the cul-de-sac and fireworks in the park. It was perfect, that is until it wasn't.

It became stifling, and for me, it became this way only after a few short years. I wanted more, but I was afraid. I was afraid of what everyone would think. I was afraid of what I would think. I was afraid of change.

I suppose now, looking back I would have never left that life had there not been something bigger and brighter on my horizon line. For me it was Maui, Hawaii.

Within months, we had much of our winter stuff sold, our home sold and we were off to Maui. And guess what, all of my fears came true. People were mad at me. My family thought we were crazy. There was resistance and it wasn't easy letting go of this life I thought I would always have. But I did, and I am glad.

However, I do not write this to you from our mountain home in Maui. Instead I write to you, where I live still in Minnesota, but it is okay because in that move, or should I say almost move, a space opened in my life.

In this endeavor of bravery and loss I literally disengaged and left everything that no longer supported the person I was becoming. What is beautiful, four years after the decision to move to Maui, the woman that is me, and always has been is beginning to emerge, and I like

## Opening the Space for Change con't...

I received after living through my unconscious detour.

So, why change? Because if your heart is seeking, and often crying out for something more, than you must listen to its cries. You must surrender and allow who is inside to show you who she is. She is alive and well. She has only been stifled. All you must do is reclaim her and once you do she, who is you, will bring your life joy. Your energy and enthusiasm will return. Your dreams will be restored and your burdens of past conditioning will be brought to light so you can fully reclaim your future, and your present.

Does this sound amazing? If you have been seeking a while you have probably heard all of the get well quick recipes. I do not offer that. I offer a story; my own

story and I offer what wisdom and truth I have gained because of that story. I also offer the experience of going through the fire so to speak and while I went through I paid attention to every lesson, feeling, and insight that came my way. This is what I can offer to those who find me on their path.

My intention is to bring as many as I can to their promise land. Mine was and is Maui. To me Maui is spiritual and earthly perfection all in one. I suppose it is what I am here to attain within myself.

One could say that is grandiose, but when done with the purest of intentions it is the only goal worthy of us- us who are already whole, yet have many miles to walk.

*"Work. Keep digging your well. Don't think about getting off from work. Water is there everywhere" ~Puni*

## A Tool For Change: What is Therapeutic Coaching®?

Therapeutic Coaching® is a tool I have learned in the past year. It is a mixture of skills and techniques coming from the fields of NLP (Neuro Linguistic Programming), Quantum Physics, Therapeutic Hypnosis, Motivational Counseling, and Couples Communication Counseling, just to name a few.

Since going through this course I have witnessed the completion of my healing journey. This is a bit scary to put out there because again there is an earthbound belief that states there is no end to healing the past.

Well, I am going to go out on a limb and say yes there is. There is an end to healing the past, however there is no end, at least while we are on this planet, to growing and expanding, therefore we will always be absorbing and learning.

That said, at least for me, now that the past healing is done I am here to devote my time to helping others heal from their past. It is the only thing holding any of us back, and as I have said there can be change and there can be healing.

Therapeutic Coaching® is one way to facilitate this healing. TC works with the unconscious mind, the space where all memories, beliefs, values and much more are stored. It is the place to go when looking for a solution and finding one.

The TC techniques are designed to bring these unconscious entities if you will, to the surface so the clearing and healing can begin.

When the student is ready these techniques will bring change and transformation by getting to the source of the 'problem' and healing it from the inside out.

*Create a space  
for the Real  
you to Shine  
Through*

*All problems are the  
result of a lack of  
rapport between the  
conscious and  
unconscious mind,  
an in-congruency of  
values or beliefs at  
the unconscious  
level.*

*~The belief of Milton  
Erickson*

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## Services & Products

- **Therapeutic Coaching®-**  
\$80/hour (get on waitlist for  
November 14 and beyond)
- **Sacred Space Home**  
Consultations \$75/hour
- **Meditation Instruction &**  
**Spiritual Guidance \$45/hour**
- **Massage Therapy \$55/hour**
- **Reiki Energy Healing \$60/hour**

### Group Teaching-

Nikki is available to teach to your small  
or large group or company. In the past  
she has taught classes on Clearing Home  
Clutter, The benefits of Massage and  
Meditation, and currently she is putting  
together a class on Soul-Excavation.

Fee varies by topic.

Please contact Nikki for more

## News & Events

**New Offering- Personalized Meditation**  
CD's. Allow Nikki to create a sacred  
space for you anytime. For more details,  
contact Nikki.

Nikki is also working on her two books.  
One is a memoir of her 'move' to Maui  
and the second is a spiritual guidebook  
on excavating soul clutter. If you would  
be interested in reading these two books,  
please email or call Nikki.

### Up-coming Classes

**Introduction to Therapeutic Coaching®:**  
**The Path to Self-Realization**  
Thursday October 25 6-7:30pm  
Healing Waters, White Bear Lake

**Soul-Clutter: Excavating a Space for**  
**Self-Realization Monday November 19**  
Simple Living Group 7pm

Call for details

## My Intention

*I intend to use my skills, abilities and talents to create a space for Self-Realization  
and Transformation to take place. I intend to do so in a pure and honest way,  
always recognizing wisdom, truth and beauty reside within.*

*Namaste, Nikki*

